

Red Wine Chicken Thighs

Recipe by Chef Tre Wilcox

Executive Chef - Marquee Grill, Dallas, TX

Cooking Tip from Chef Tre: This delicious entree can be prepared with or without the chicken skin. Removing the chicken skin will help reduce both the number of calories and amount of fat. While cooking with the skin may enhance the flavor and help to seal in the natural juices.

Servings: 8

Preparation Time: 1 hour 20 minutes

Ingredients

3 teaspoons coriander seed	1 yellow onion – peeled and chopped	5 sprigs of thyme
½ piece star anise		5 sprigs of oregano
1 tablespoon black peppercorns	1 leek – chopped and washed	2 tablespoons honey
2½ teaspoons red chili flakes	2 Roma tomatoes – chopped	1 tablespoon red wine vinegar
1 teaspoon kosher salt	1 cup red wine	½ tablespoon lemon juice
8 chicken thighs	1 cup water	2 teaspoons chives – minced
6 shallots – peeled and chopped	1 bay leaf	2 teaspoons Italian flat leaf parsley – chopped fine

For the chicken:

Preheat oven to 350°F.

1) In a small saute pan combine coriander seed, star anise, black peppercorns and red chili flakes. Toast over medium heat until fragrant. 2) Place spices into grinder and grind into semi-course powder. Mix mixture with salt and season chicken thighs heavily on all sides. 3) Heat two medium size saute pans over high heat. Using grapeseed oil, sear chicken on both sides until golden brown, about 2-3 minutes. 4) Put all the chicken thighs into a roasting pan, make sure chicken is not stacked on top of each other. Remove some of oil in pan. 5) Turn heat down to medium and begin sauteing shallots, onions and leeks. Cook for 3-4 minutes. Add tomatoes and deglaze with red wine. 6) Reduce slightly then add water, bay leaf, thyme, oregano and honey. Bring liquid to a boil, then pour over chicken. Cover pan with foil and roast in oven for one hour.

To complete the dish:

1) Remove chicken from cooking liquid and place on plate and cover with foil. 2) Strain liquid into small sauce pot. You should have about 2- 1 3/4 cups left. Reduce over medium heat by half. Season with vinegar and lemon juice. 3) Turn off heat and add chives and parsley right before you serve it. Place one chicken thigh in the center of serving plate. Spoon sauce over chicken. Serve.



Total Nutrition Facts	(Without skin on thighs)	(With skin on thighs)
Calories	188	228
Total Fat	6g	11g
Saturated	1.5g	3g
Cholesterol	53mg	57mg
Sodium	353mg	353mg
Total Carbohydrate	12g	11g
Dietary Fiber	1.5g	1.5g
Sugars	5g	5g
Protein	16g	17g